Vaux. 1626.

A New Almanacke and Prognostication for the yeare of our Lord God. 1626.

Being the second, from Leap-Yeare.

Calculated and composed for the Meridian of the ancient City of Durham, where the Pole is mounted aboue the Horizon almost 55. degrees.

Non nobis, nati sumus.

Behold, how that I haue not laboured for my selfe onely, but for all them that seeke knowledge.

By IOHN VAVX, *Curate of Saint Ellen Awckland.*

LONDON, Printed for the Company of Stationers.

A briefe Computation of time compleat this preſent yeare 1626.

	years
SInce the Creation of the world,	5596
Since England was diuided into parishes	990
Since the death of Saint Cuthbert Bishop of Durham, March 20, vnto whose memory the said day was consecrated,	940
Since the building of Durham Abbey,	731
Since the sinking of Hell-kettles.	447
Since the coyning of money at Durham	430
Since the Bible was diuided into Chapters, as we now reade them in the Church.	419
Since Beamont hill was first so named	309
Since the great field fought against the Scots betwixt Bewre Parke and Neuils Crosse, neere Durham.	280
Since the birth of S. G. Aprill 5.	51
Since the rebellion of the 2 Northern Earles	57
Since the great fire in Darnton.	41
Since the great plague in Durham, Darnton, and other places of the Countrey.	29
Since the Birth of Fredericke the Prince Elector Palatine, & the Lady Elizabeth his wife, Aug. 19. both were borne in the yeare 1596.	30
Since the Birth of our gratious Soueraigne King Charles, Feb. 19.	26
Since the damnable powder treason, Nou. 5.	21
Since the last great frost.	18
Since the last deep snow,	11
Since S. Lukes flood, that all the Riuers in the Bishopricke of Durham were on floate.	5
Since the ill Lady-day in Lent.	4

The

The Common Notes and moueable Feasts this present yeare of Grace, 1626. according to

The Iulian Account.		The Gregorian Account.
12	The golden number.	12
11	The Cycle of the Sun.	11
12	The Epact.	2
9	The Romane Indiction.	9
	The Dominicall letter.	D
Febru. 5.	Septuagesima.	Febru. 8.
Feb. 12.	Sexagesima.	Febr. 15.
Febr. 19.	Quinquagesima.	Feb. 22
Febr. 22.	Ashwednesday.	Feb. 25.
April 9.	Easter Day.	Apr. 12
May 14.	Rogation Sunday.	May 17
May 18.	Ascention Day.	May 21
May 28.	Whitsunday.	May 31
Decemb. 3	Aduent Sunday.	Nouemb. 29

These are the Feasts of the Lord, and holy Conuocations which yee shall proclaime in their seasons, *Leuit.* 23. 4.

Betwixt Christmas and Shroue-sunday are 8. weekes iust.
Betwixt Whitsunday & Midsommer, are three weekes and 6. dayes.
Betwixt Trinity Sunday and Aduent Sunday are 25. weekes.

Betwixt Christmas and Shroue-sunday, are 8. weekes and 3. dayes.
Betwixt Whitsunday & Midsommer, are three weekes and 3. dayes.
Betwixt Trinity Sunday and Aduent Sunday, 24. weekes.

The Anatomy of Man, de-

ſcribed, by the Circular motion of the Moone, as ſhe paſſeth vnder the 12. *Signes of the* ZODIACKE.

Aries, head & face.

Taurus, necke and throat.

Gemmini, armes and ſhoulders

Cancer, breſt.

Leo, backe and heart.

Virgo, belly and bowels.

Libra, reynes and loynes.

Scorpio, ſecrets & bladder.

Sagit. thighs.

Capri: Knees.

Aquar: Legs.

Piſces, Feete.

THe fift Columne of mine Almanacke noteth vnto you the houres and minutes of the Sunnes riſing; And the ſixt Columne ſheweth the houres and minutes of the Sunnes ſetting, for euery day in the yeare; And the ſeuenth Columne ſheweth the alteration of the Ayre for ſome certaine dayes in euery Moneth, according to the diſpoſition of the Planets amongſt themſelues; and likewiſe how the dayes doe lengthen and ſhorten in euery Moneth.

● Full Moone the 2. day, 56. min. after 1 in the afternoone.
☾ Laſt quarter the 10. day, 30. minutes after 5. at night.
● New Moone the 17. day, 30. minutes after 11. at night.
☽ Firſt quarter the 24. day, 24. mi. after 2. in the afternoon.

1	A	New yer day	can. 8	8 21	3 39		
2	b	Oct. Steph.	can. 20	8 19	3 41	Remiſſe	
3	c	Oct. John.	Leo 2	8 18	3 42	cold.	
4	d	Oct. Innocen	Le. 14	8 17	3 43		
5	e	Dep. of Edw	Le. 26	8 15	3 45	Tempe=	
6	f	Twelfe day	Vir. 8	8 14	3 46	rate wea-	
7	g	Felix & Jan.	vir. 20	8 12	3 48	ther.	
8	A	1 Sun. af. Epiph.	Lib. 2	8 10	3 50	A faire	
9	b	Joyce, virg.	lib. 14	8 8	3 52	day.	
10	c	Pani, Her.	lib. 27	8 6	3 54	Good	
11	d	Sol in Aquar.	Sc. 9	8 5	3 55	winter	
12	e	Archadius.	Sc. 22	8 3	3 57	weather.	
13	f	Hillary biſh.	ſag. 5	8 1	3 59		
14	g	Med come in.	ſag. 18	8 0	3 0	Faire &	
15	A	2. Sun. af. Epiph.	cap. 4	7 58	4 2	froſty.	
16	b	Marcellus.	cap. 16	7 57	4 3	day is 8.	
17	c	Anthony.	Aqu. 0	7 55	4 5	hou. long.	
18	d	Priſca virg.	Aq. 15	7 53	4 7		
19	e	Wolſtan biſh.	Aq. 29	7 51	4 9	Snow or	
20	f	Sebaſtian.	Piſ. 14	7 49	4 11	raine.	
21	g	Agnes.	piſ. 29	7 47	4 13		
22	A	3 Sun. af. Epiph	Ar. 14	7 45	4 15		
23	b	Term begin.	Ar. 28	7 43	4 17		
24	c	Timothy.	tau. 12	7 41	4 19		
25	d	Cou. of Paul	tau. 26	7 40	4 20		
26	e	Policarpus.	Ge. 10	7 38	4 22		
27	f	Agnes ſec.	Ge. 23	7 36	4 24		
28	g	Valerius.	Can. 5	7 34	4 26	day is 9.	
29	A	4 Sun. af. Epiph.	can. 18	7 32	4 28	hou. long.	
30	b	Matild. Mu.	Leo 0	7 29	4 31	very tem-	
31	c	Victor.	Leo 12	7 27	4 33	perate.	

Full Moone the 1 day, 49 min: after 7 in the morning.
Last quarter the 9 day, 48 mi: after 11 in the forenoone.
New Moone the 16 day, 44 min: after 9 in the morning.
First quarter th 23 day, 6 min: after 2 in the morning.

1	d	Brigd. Fast	Le.25	7 25	4 35		
2	e	Pur. of Mar.	Vir. 5	7 23	4 37	Winde &	
3	f	Blaie.	vir.17	7 20	4 40	wet.	
4	g	Gilbert.	vir.29	7 18	4 42		
5	A	Septuagesi.	Li. 11	7 16	4 44		
6	b	Wedast. bish:	Li. 23	7 13	4 47	Remisse	
7	c	Angule bish.	Sco.5	7 11	4 49	cold.	
8	d	Paul, bish.	Sc.17	7 9	4 51	Faire	
9	e	Sol in Pisc.	Sa. 0	7 7	4 53	weather.	
10	f	Scholastic.	sag.13	7 5	4 55	Winds &	
11	g	Eufrasti.	sag.26	7 3	4 57	wet.	
12	A	Sexagesima.	Ca.10	7 1	4 59	Winds	
13	b	Terme ends.	Ca 24	6 58	5 2	bringing	
14	c	Valentine.	Aq. 8	6 56	5 4	wet.	
15	d	Faustine bish	Aq. 23	6 54	5 6	day is 10.	
16	e	Julian virg.	Pis. 8	6 52	5 8	hou. long.	
17	f	Constance.	Pis.23	6 50	5 10	Cold a=	
18	g	Simon bish.	Arie.8	6 48	5 12	abated.	
19	A	Quinquages.	Ar. 23	6 45	5 15	Clouds	
20	b	Hilared.	Ta. 7	6 43	5 17	& snow,	
21	c	69 Martyrs.	tau.22	6 41	5 19	and like=	
22	d	Ashwedne sday.	Ge. 5	6 38	5 22	lyto bee	
23	e	Milb. Fast.	Ge.19	6 36	5 24	very tem=	
24	f	Matthi. Ap.	Ca. 2	6 34	5 26	pestuous.	
25	g	Saint Paul.	can.15	6 31	5 29	Tempe=	
26	A	Quadragesim.	can.27	6 29	5 31	rate wea=	
27	b	Augustine.	Leo 9	6 27	5 33	ther.	
28	c	Oswald.	Le.21	6 24	5 36	day is 11	
						hou: long.	

March hath xxxi dayes.

Full Moone the 3 day, 11 min: after 2 in the morning.
Laſt quarter the 11 day, 28 min: after 2 in the morning.
New Moone the 17 day, 55 min. after 6 at night.
First quarter the 24 day, 52 mi: after 3 in the afternoon.

1	d	Emb. weeke.	Vir. 3	6	22	5	38	
2	e	Chad.	vir. 14	6	20	5	40	
3	f	Maurice.	vir. 26	6	18	5	42	
4	g	Adrian mart	Lib. 8	6	16	5	44	
5	a	2 Sun. in Lent.	Li. 19	6	13	5	47	Raine or
6	b	Victorinus.	Sco. 1	6	11	5	49	ſnow.
7	c	Perpetua.	Sc. 13	6	9	5	51	Great
8	d	Dep. of Fel.	Sc. 26	6	6	5	54	windes.
9	e	40 Martyrs.	Sa. 8	6	4	5	56	Windes
10	f	Sol in Aries.	Sa. 21	6	2	5	58	and wet.
11	g	Agapete.	cap. 5	6	0	6	0	day is 12
12	a	3 Sun. in Lent.	cap. 18	5	58	6	2	hou: long.
13	b	Theodore.	Aq. 2	5	56	6	4	Winde &
14	c	Candidus.	Aq. 17	5	54	6	6	ſnow.
15	d	Longine.	Piſ. 2	5	51	6	9	
16	e	Gertrude.	Piſ. 17	5	49	6	11	
17	f	Patricke.	Ari. 2	5	47	6	13	
18	g	Edward con.	Ar. 17	5	44	6	16	
19	a	Midlent Sund.	taur. 1	5	42	6	18	Dry
20	b	Cuthbert.	tau. 16	5	40	6	20	windes.
21	c	Benedict.	Ge. 0	5	38	6	22	Raine or
22	d	Afrodoſo.	Ge. 14	5	36	6	24	thunder.
23	e	Frumennus.	Ge. 28	5	33	6	27	
24	f	Dauid. Fair.	can. 11	5	31	6	29	
25	g	Anun. Mar.	can. 23	5	29	6	31	day is 13
26	a	5 Sun. in Lent.	Leo 6	5	26	6	34	hou: long.
27	b	Iust. Rex. Caro.	Le. 18	5	24	6	36	
28	c	Dorothy.	Vir. 0	5	22	6	38	
29	d	Quintine.	vir. 12	5	20	6	40	
30	e	Quirine.	vir. 12	5	18	6	42	Winde &
31	f	Adelme.	Lib. 5	5	16	6	44	raine.

Aprill hath xxx dayes.

● Full Moone the 1. day, 13. minutes after 8. at night.
☾ Last quarter the 9. day, 26. min. after 1. in the afternoon.
● New Moon the 16. day, 35. min. after 3. in the morning.
☽ First quarter the 23. day, 32. mi, after 3. in the morning.

1	g	Theodorir. v.	lib. 17	5 14	6 46	Winde &
2	A	Palme sund.	lib. 29	5 12	6 48	clondes.
3	b	Richardus.	sco. 11	5 10	6 50	Rainy
4	c	Ambrosius.	sco. 23	5 8	6 52	weather.
5	d	Godard.	sag. 5	5 6	6 54	Great
6	e	Sixtus mart	sag. 18	5 4	6 56	windes.
7	f	Egisippus.	Cap. 0	5 2	6 58	Warme
8	g	Perp: Fast.	cap. 14	4 59	7 1	weather.
9	A	Easter day.	cap. 27	4 57	7 3	dayes 14.
10	b	Tiburtius.	Aq. 12	4 55	7 5	hou. long.
11	c	Sol in Taurus.	Aq. 26	4 53	7 7	Tempe=
12	d	Oswald.	Pis 11	4 51	7 9	rate ayre.
13	e	Zenon.	pis. 25	4 49	7 11	Winde &
14	f	Oliffe.	Ari. 10	4 47	7 13	raine.
15	g	Leonard.	Ari 25	4 45	7 15	Turbu=
16	A	Lowsunday.	tau. 10	4 42	7 18	lent ayre.
17	b	Wed. come in	tau. 24	4 40	7 20	
18	c	Quintin.	Ge. 8	4 38	7 22	
19	d	Alphage.	Ge. 22	4 39	7 24	Cold
20	e	Victor Mar.	Can. 6	4 34	7 26	raine
21	f	Simeon.	can. 19	4 32	7 28	Raine &
22	g	Sother.	Leo 1	4 30	7 30	colde.
23	A	2 Sun a'. East	leo 14	4 28	7 32	
24	b	Wilfride.	leo 26	4 26	7 34	day is 15.
25	c	Mark Euan.	Vir. 8	4 24	7 36	hou. long.
26	d	Term begins	vir. 20	4 22	7 38	
27	e	Anastasius.	Lib. 2	4 20	7 40	
28	f	Vitalis.	lib. 14	4 18	7 42	Missing
29	g	Pet. of Mil.	lib. 26	4 16	7 44	weather.
30	A	3. Sun a't. East.	Sc. 8	4 14	7 46	

May hath xxxi daves.

☉ Full Moone the 1. day, 55. mi. after 10 in the forenoon.
☾ Laſt quarter the 8. day, 44. minutes after 8. at night.
● New Moone the 15. day, 24. minutes after high noone.
☽ Firſt quarter the 22. day, 16. min. after 12. in the night.

1	b	Phil. & Iacob	Sc. 20	4 12	8 24		winde &
2	c	Athanaſius.	ſag. 2	4 10	8 20		raine.
3	d	Inuent. croſſ.	ſag. 15	4 8	8 16		
4	e	Chriſtopher.	ſag. 27	4 6	8 12		
5	f	Goddard.	cap. 10	4 4	8 8		
6	g	Iohn Port Lat.	cap. 24	4 3	8 5		
7	A	4 Sun. aft. Eaſt.	Aqu. 7	4 1	8 2		Raine or
8	b	Michael.	Aq. 21	4 0	7 59		thunder.
9	c	Tranſ. Nich.	Piſc. 6	3 58	7 56		day is 16.
10	d	Gordian.	Pi. 20	3 57	7 54		hou long.
11	e	Anthony.	ari 5	3 55	7 49		Warme
12	f	Sol in Gemini	Ari 20	3 54	7 48		windes.
13	g	Boniface.	Ta. 4	3 52	7 45		
14	A	Rogat. fund.	tau. 19	3 51	7 42		
15	b	Wed. goe out.	Ge. 3	3 49	7 38		Raine &
16	c	Tranſ. Bern.	Ge. 17	3 47	7 35		cold.
17	d	Dioſcor.	Can ☉	3 46	7 32		
18	e	Aſcenſion day	can. 13	3 44	7 29		
19	f	Dunſtan. biſh	can. 26	3 43	7 26		
20	g	Hellen, Mu.	Leo 9	3 42	7 24		
21	A	Sun. aft. Aſc.	Leo 22	3 41	7 22		cold rain.
22	b	Terme ends.	Vir. 4	3 40	7 20		Turbu=
23	c	Francis tra.	vir. 16	3 39	7 18		lent ayre.
24	d	Adelme.	vir. 28	3 38	7 16		Sweet
25	e	Auguſtine.	Li. 10	3 37	7 14		ſhewres
26	f	Beda.	Li. 23	3 36	7 12		☉ Full
27	g	Germ. Faſt.	Sc. 5	3 35	7 10		Moone the
28	A	Whitſonday.	Sc. 17	3 34	7 8		30. day, 55.
29	b	Felix.	Sc. 29	3 33	7 6		min. after
30	c	Petronill.	Sa. 12	3 32	7 4		11 in the
31	d	Ember week	Sa. 24	3 31	7 2		night.

Iune hath xxx dayes.

Last quarter the 7 day, 40 min: after 1 in the morning.
New Moone the 13 day, 15 min: after 10 at night.
First quarter the 21 day, 31 mi: after 5 in the afternoone.
Full Moone the 29 day, 56 mi: after 10 in the forenoone.

1	e	Nichomede.	cap. 7	3 30	8 30	Wind &
2	f	Marcelline.	cap. 20	3 30	8 30	raine.
3	g	Erasmus.	Aq. 4	3 29	8 31	Great
4	A	Trinity sun.	Aq. 18	3 29	8 31	Winde s
5	b	Wed. come in.	pis. 2	3 28	8 32	day is 17
6	c	Wolston bish.	pis. 16	3 28	8 32	hou: long.
7	d	Medard.	Ari. 1	3 28	8 32	
8	e	Corpus Christ.	Ari. 15	3 28	8 32	
9	f	Terme beg.	taur. 0	3 28	8 32	
10	g	Innocent.	tau. 14	3 28	8 32	Raine &
11	A	1 Sund. aft. Tri.	tau. 28	3 27	8 33	cold.
12	b	Sol in Canc.	Ge. 12	3 27	8 33	
13	c	Antonius.	Ge. 26	3 27	8 33	
14	d	Basilius.	can. 9	3 27	8 33	Winde &
15	e	S. Swithin	can. 22	3 28	8 32	raine.
16	f	Rich: trans.	Leo 4	3 28	8 32	
17	g	Botulgh.	Leo 17	3 28	8 32	
18	A	2 Sun. aft. Trin.	Leo 29	3 28	8 32	
19	b	K. Iames borne.	vir. 12	3 28	8 32	Tempe=
20	c	1565. Edwa.	vir. 24	3 28	8 32	rate ayre
21	d	Walburge.	Li. 6	3 29	8 31	
22	e	Albane.	Li. 18	3 29	8 31	
23	f	Audry. Fast.	Sco. 0	3 30	8 30	Great
24	g	John Bap.	sco. 13	3 30	8 30	windes.
25	A	3 Sund. af. Trin.	sco. 25	3 31	8 29	Warme
26	b	Joannes.	Sa. 8	3 32	8 28	winde.
27	c	Cresceus.	sag. 20	3 33	8 27	day is 16
28	d	Terme ends.	Cap. 3	3 34	8 26	hou: long.
29	e	Peter Apost.	cap. 17	3 35	8 25	
30	f	Tom. of Pau.	Aqu. 0	3 36	8 24	

Iuly hath xxxi dayes.

(Last quarter the 6 day, at 6 in the morning.
● New Moone the 13 day, 42 mi: after 9 in the forenoone.
) First quarter the 21 day, 36 mi: after 10 in the forenoone.
● Full Moone the 28 day, 19 min: after 8 at night.

1	g	Oct. of John.	Aq. 14	3 37	8 23		
2	A	4. Sund. af. Trin	Aq. 28	3 38	8 22		
3	b	Tran. Thom	Pis 13	3 39	8 21		
4	c	Transl. Mar.	Pi. 27	3 40	8 20	Thunder	
5	d	Foe virgin.	Ari. 12	3 41	8 19	& light=	
6	e	Octa. Petri.	Ari. 26	3 42	8 18	ning.	
7	f	Martialis.	Ta. 11	3 43	8 17		
8	g	Grimbald.	tau. 25	3 44	8 16		
9	A	5. Sun aft. Trin.	Ge. 9	3 46	8 14	winde &	
10	b	7 Brethren.	Ge. 22	3 47	8 13	clouds.	
11	c	Tran. Ben.	can. 5	3 49	8 11		
12	d	Nabor & Fel.	can. 18	3 51	8 9		
13	e	Priuate.	Leo. 1	3 52	8 8		
14	f	Sol in Leo.	Le. 13	3 54	8 6	Cloudy	
15	g	Swithen.	Le. 25	3 55	8 5	mists,	
16	A	6 Sund aft Trin	Vir. 7	3 57	8 3	thunder,	
17	b	Kenelme.	vir. 19	3 58	8 2	heat, gen-	
18	c	Albanus.	Lib. 1	4 0	8 0	tle winds	
19	d	Ruf. & Iust.	Li. 13	4 1	7 59	day is 16	
20	e	Margaret.	Li. 26	4 3	7 57	hou: long.	
21	f	Dog day beg.	Sco. 8	4 4	7 56		
22	g	Mary Mag.	Sc. 20	4 6	7 54		
23	A	7. Sun. aft. Trin.	Sa. 3	4 8	7 52		
24	b	Christ. Fast.	Sa 15	4 10	7 50		
25	c	S. James ap.	Sa. 28	4 12	7 48	Moyst	
26	d	In. m. of Ma	cap. 12	4 14	7 46	weather.	
27	e	7 Sleepers.	cap. 25	4 16	7 44		
28	f	Samson.	Aq. 9	4 18	7 42		
29	g	K. Iames crow.	Aq. 23	4 20	7 40		
30	A	8. Sun. aft. Trin	Pis. 8	4 22	7 38		
31	b	Germane.	Pis 23	4 24	7 36		

August hath xxxi daves.

☾ Last quarter the 4. day, 12. min. after 11. before noone,
● New Moone the 11. day, 11. minutes after 11. at night.
☽ First quarter the 20. day, 52. mi. after 2. in the morning.
○ Full Moone the 27. day, 47. mi. after 4. in the Morning.

1	c	Lammas.	Ari. 7	4 26	7 34	Warme
2	d	Stephen.	Ari.22	4 28	7 32	windes.
3	e	Inuent.Ste.	tau. 7	4 30	7 30	Raine &
4	f	Iustine.	tau.21	4 32	7 28	cold.
5	g	Sowles con.	Ge. 5	4 34	7 26	day is 15.
6	A	9 Sun.aft. Tri.	Ge.19	4 36	7 24	hou. long.
7	b	Iesu festum.	Can.2	4 38	7 22	
8	c	Tiriacke.	can.15	4 40	7 20	Haile &
9	d	Romane mar	can.28	4 42	7 18	thunder.
10	e	Lawrence.	Le. 10	4 45	7 15	Thunder
11	f	Tiburt.	Le. 22	4 47	7 13	& light=
12	g	Hypolit.	Vir. 4	4 49	7 11	ning.
13	A	10 Sun. aft. Tr.	vir. 16	4 51	7 9	Winde &
14	b	Sol in Virgo.	vir. 28	4 53	7 7	cloudes.
15	c	Assumpt. M.	Lib 10	4 55	7 5	
16	d	Hoch.mar.	Li. 22	4 37	7 3	
17	e	Oct.of Laur.	Sco.3	4 59	7 1	day is 14.
18	f	Agapite vir.	Sc.16	5 2	6 58	hou.long.
19	g	La:Eliz:bozn.	Sc 28	5 4	6 56	
20	A	11 Sund.af.Tr.	Sag. 10	5 6	6 54	
21	b	Barnard.	Sag.23	5 8	6 52	
22	c	Oct. of Assu	Cap 6	5 10	6 50	
23	d	Timo. Fast.	cap.20	5 12	6 48	
24	e	Barthol. Ap.	Aq. 4	5 14	6 46	Thunder
25	f	Lewis.	aqu.18	5 16	6 44	and haile.
26	g	Seuerine.	pisc. 2	5 18	6 42	
27	A	12. Sun.af. Tr.	Pis.17	5 20	6 40	
28	b	Dog dayes end.	Arie.2	5 22	6 38	
29	c	John behead.	Ari.17	5 24	6 36	
30	d	Felix & Auda	Tau.2	5 26	6 34	day is 13.
31	e	Cuthbert.	tau.16	5 29	6 31	hou.long.

September hath xxx dayes.

☾ Laſt quarter the 2. day, 9. minutes after 7. at night.
● New Moon the 10. day, 49. min. after 2. in the afternoon.
☽ Firſt quarter the 18. day, 49. minutes after 5. at night.
○ Full Moone the 25. day, 17. min. after 1. in the afternoon.

1	f	Giles Abbot.	Ge. 1	5 31	6 29	Haile or
2	g	Anthony mar	Ge. 15	5 33	6 27	thunder.
3	A	13 Sund. af. Tr.	Ge. 29	5 36	6 24	
4	b	Tranſ. Cuth.	can. 12	5 38	6 22	
5	c	Bertinus.	can. 25	5 40	6 20	
6	d	Eugenius.	Leo 7	5 42	6 18	
7	e	Gorgonius.	Le. 20	5 44	6 16	
8	f	Nat. of Mar.	Vir. 2	5 47	6 13	
9	g	Diluius.	vir. 13	5 49	6 11	
10	A	14 Sund af. Tri.	vir. 25	5 51	69	Pleaſant
11	b	Marcian.	Lib. 7	5 54	66	heate.
12	c	Maurily.	lib. 19	5 56	64	
13	d	Amancio.	Sco. 0	5 58	62	
14	e	Sol in Libra.	ſco. 12	60	60	Thunder
15	f	Oct. of Mar.	ſco. 24	62	5 58	& Light=
16	g	Edith.	ſag. 6	64	5 56	ning.
17	A	15 Sun. af. Trin.	ſag. 19	66	5 54	day is 12.
18	b	Victor.	Ca. 1	69	5 51	houres
19	c	Januarius.	cap. 15	6 11	5 49	long.
20	d	Ember week.	cap. 28	6 13	5 47	
21	e	Mathew Ap	Aq. 12	6 16	5 44	
22	f	Maurice.	Aq. 26	6 18	5 42	
23	g	Tecla.	piſ. 11	6 20	5 40	
24	A	16 Sun. aft. Tri.	piſ. 25	6 22	5 38	
25	b	Firminus.	Ari 10	6 24	5 36	
26	c	Cipzian.	Ar. 25	6 27	5 33	cold, rain
27	d	Coſme & Da	Ta. 10	6 29	5 31	& great
28	e	Exupe.	tau. 25	6 31	5 29	winds.
29	f	Mich. Arch.	Ge. 10	6 34	5 26	day is 11.
30	g	Jerom prieſt.	Ge. 24	6 36	5 24	houres long.

October hath xxxi daves.

☾ Last quarter the 2 day, 42 min: after 6 in the morning.
● New Moone the 10 day, 10 mi: after 8 in the morning.
☽ First quarter the 18 day, 50 mi: after 6 in the Morning.
○ Full Moone the 24 day, 23 minutes after 10 at night.

1	♋	17.Sun.af.Trin	can. 7	6 38	5 22		winde &
2	b	Leodegar.	can.21	6 41	5 19		haile.
3	c	Candidus.	Leo 4	6 43	5 17		
4	d	Francis.	Le. 16	6 45	5 15		
5	e	Apolinarius.	Le. 29	6 48	5 12		
6	f	Faith.	vir. 11	6 50	5 10		
7	g	Marcus.	vir. 23	6 52	5 8		
8	♎	18.Sun.aft. Tr.	Lib. 4	6 54	5 6		
9	b	Terme begin	Li. 16	6 56	5 4		
10	c	Gereon.	Li. 28	6 58	5 2		day is 10
11	d	Michaelus.	Sc. 9	7 1	4 59		hou. long.
12	e	Wilfride vir.	Sc.21	7 3	4 57		
13	f	Edw.transl.	Sa. 3	7 5	4 55		
14	g	Sol in Scorp.	Sa.15	7 7	4 53		
15	♏	19. Sun.aft.Tr.	sag.28	7 9	4 51		
16	b	Mich.mount	cap.10	7 11	4 49		
17	c	Etheldred.	cap.23	7 13	4 47		
18	d	Luke Evan.	Aqu.7	7 16	4 44		Uncon=
19	e	Frideswide.	Aq. 21	7 18	4 42		stant wea
20	f	Austre virg.	pis. 5	7 20	4 40		ther.
21	g	11 M.virgin	pis. 19	7 23	4 37		day is 9
22	♐	20.Sun.aft.Tr.	Ari. 4	7 25	4 35		houres.
23	b	Maglory.	Ari.19	7 27	4 33		Great
24	c	Crisp.& Cris	tau. 4	7 29	4 31		windes.
25	d	John transl.	tau.19	7 32	4 28		Thunder
26	e	Ursula.	Ge. 4	7 34	4 26		tain=like.
27	f	Flozen. Fast.	Ge.18	7 36	4 24	☾	Last
28	g	Simon & Ju.	Can.2	7 38	4 22		quarter
29	♑	21. Sun.af. trin.	Ca.16	7 40	4 20		the 31 day,
30	b	Germane.	Ca.29	7 41	4 19		9 mi: after
	c	Quint. Fast.	Le. 12	7 43	4 17		10 at night.

November hath xxx daves.

New Moone the 9 day, at one in the Morning.
First quarter the 16 day, 34 minutes after 5 at night.
Full Moone the 23 day, 43 mi: after 8 in the morning.
Last quarter the 30 day, 52 minutes after 4 at night.

1	d	All Saints.	Le. 25	7 45	4 15	
2	e	All Soules.	virg. 7	7 47	4 13	
3	f	Winifride.	vir. 19	7 49	4 11	
4	g	Imantius.	Lib. 1	7 51	4 9	
5		Powder tr.	Li. 13	7 53	4 7	
6	b	Leonard.	Li. 25	7 55	4 5	Moyst
7	c	Willbrode.	Sco. 7	7 57	4 3	winde.
8	d	4 crowned.	Sc. 19	7 58	4 2	
9	e	Theodore.	Sa. 1	8 0	4 0	Colde
10	f	Iustus bish.	sag. 13	8 1	3 59	raine.
11	g	Martin bish.	sag. 25	8 3	3 57	day is 8
12		23. Sun. aft. Tr.	cap. 7	8 5	3 55	hou: long.
13	b	Sol in Sagit.	cap. 20	8 6	3 54	Faire
14	c	Erkin: transl:	Aq. 3	8 8	3 52	coole
15	d	Macute.	Aq. 16	8 10	3 50	winde.
16	e	Edmund.	pis. 0	8 12	3 48	Clouds
17	f	Hugh bish.	pis. 14	8 14	3 49	& winde.
18	g	Octab. Mart.	pis. 29	8 15	3 45	
19		24 Sun. aft: Tr:	Ari. 13	8 17	3 43	
20	b	Edmund. K.	Ari. 28	8 18	3 42	
21	c	Pres. of Mar	tau. 13	8 19	3 41	Rainy
22	d	Cicilia vir.	tau. 28	8 21	3 39	weather.
23	e	Clement.	Ge. 12	8 22	3 38	Cold
24	f	Grisogon.	Ge. 26	8 23	3 37	raine.
25	g	Katherine	can. 10	8 24	3 36	Great
26		25 sund. aft. Tr.	can. 24	8 25	3 35	windes.
27	b	Agricola.	Leo. 7	8 26	3 34	
28	c	Terme ends.	Le. 20	8 27	3 33	
29	d	Satur. fast.	Vir. 3	8 28	3 32	
30	e	Andrew Ap.	vir. 15	8 29	3 31	

December hath xxxi dayes.

● New Moone, the 8. day, 42. minutes after 7. at night.
☽ First quarter the 16. day, 42. min. after 2. in the Morning.
● Full Moone the 22. day, 57. minutes after 8. at night.
☾ Last quarter the 30 day, 41. minutes after 1. after noone.

1	f	Loy Bishop.	vir.27	8 29	3 31	day is 7.	
2	g	Libanus.	Lib 10	8 30	3 30	houres.	
3	A	Aduent Sund.	Lib 22	8 30	3 33	winde &	
4	b	Barbara.	Sco.4	8 31	3 29	cloudes.	
5	c	Sabba Abb.	Sc 16	8 31	3 29		
6	d	Nicholas bi.	Sc.28	8 32	3 28		
7	e	Oct. S. And.	sag. 10	8 32	3 28		
8	f	Concep. of M	sag. 22	8 32	3 28		
9	g	Cipzian Ab.	Cap 4	8 32	3 28	Raine &	
10	A	Damasus.	cap. 17	8 32	3 28	winde.	
11	b	2 Sund. in Adu.	Aqu. 0	8 32	3 28	blustring	
12	c	Sol in Cap.	Aq. 13	8 33	3 27	windes.	
13	d	S. Lucie.	Aq. 27	8 32	3 28		
14	e	Othlia.	Pis 10	8 32	3 28		
15	f	Valerian Bi.	pis. 25	8 32	3 28		
16	g	O sapientia.	Ar. 9	8 32	3 28		
17	A	3 Sund. in Adu.	Ari. 24	8 32	3 28	warme	
18	b	Gratian. bish	Tau. 8	8 32	3 28	winter=	
19	c	Venesta. vir.	tau. 23	8 31	3 29	weather.	
20	d	Ember week.	Gem 7	8 31	3 29		
21	e	Thomas Ap.	Ge. 21	8 30	3 30		
22	f	30 Martyrs.	can. 5	8 30	3 30	winde &	
23	g	Victor. virg.	can. 19	8 29	3 31	Snow.	
24	A	4 Sund. in Ad.	Leo 2	8 29	3 31		
25	b	Christmas.	Leo 15	8 28	3 32		
26	c	S. Stephen.	Leo 28	8 27	3 33		
27	d	John Euang.	vir. 10	8 26	3 34		
28	e	Innocents.	vir. 23	8 25	3 35		
29	f	Thom. Bec.	Lib. 5	8 24	3 36		
30	g	James transl.	lib. 17	8 23	3 37		
31	A	1 sun. af. Ch.	Sc. 0.	8 22	3 38		

Vaux. 1626.

A Prognoſtication,

for the yeare of our *Lord God.*
1626.
Being the ſecond from Leape-yeare.

Calculated and eſpecially referred to the latitude and Meridian of the Citie of Durham: ſeruing alſo for the whole Realme of England.

With diuers prettie notes and pleaſant obſeruations fit for all ſorts of people.

By *Iohn Vaux* Curate of *S. Hellen Awckland.*

LONDON.
Printed for the Company *of Stationers,*
1626.

Vans 1626.

A

Proclamation

SVppoſe before thou reade at all,
(or elſe thou readſt amiſſe :)
That mightie *Ioue* rules great and ſmale,
and all the world is his.
He deckt the Skie with fixed *Starres*,
he made the planets ſeven,
And ſignes: he hath aſſigned bounds,
for all things vnder heaven.
So that, ne *Saturne*, *Mars*, the *Moone*,
nor fickle *Mercurie*,
How ſo (by aſpects ill inclined)
can worke their iniury.
No farther then *Iehouah* will:
no not our ſtrongeſt foe.
Satan (of aire the prince) one iot
beyond his bounds can goe:
Ne yet well willing *Iupiter*,
nor *Sol* benevolent:
Nor friendly *Venus* (well diſpoſed)
can worke to vs content.
Except the worker of the world,
(whoſe pleaſure ſtands for law)
Permit their force to haue effect,
who holds all vnder awe.
Yet this conceiue, or elſe amiſſe,
(I iudge) thou art againe:
That nothing vnder heauen at all,
created is in vayne.
For euery plant ſome vertue hath:
no Element (we ſee)

No mettle, ſhrub, nor ſimple is,
on earth, but vſde may bee:
Much more the ſtarres cæleſtiall,
and wandring planets ſeuen:
A greater vertue needes muſt haue,
as nearer vnto heauen.
Whoſe influence, motions, and aſpects,
as in their courſe they be,
Do rule in creatures here below,
and bodyes (as we ſee)
As for example doth the Sunne,
the ſeaſons of the yeare,
And eke the Moone all bodies moyſt,
as by the Seaes appeare.
No leſſe the reſt as ſtrong as theſe,
as learned writers ſhow:
May change the aire, and worke effects,
on creatures here below.
Which happeneth by the change and courſe,
of Planets placde aboue:
By skilfull art and reaſons good,
as Aſtrologians proue.
But all the glory to conclude,
to God of right muſt fall.
The onely Monarch of the world,
who is onely all in all.

Sit ſoli gloria Deo. Amen.

Iohn Fawx.

A true diſcription of the foure Quarters *of this yeare.* 1626.

WInter (according to Aſtronomicall computation) began the 13. day of *December* laſt 1625. at what time the Sunne entred into the firſt minute of the Southren & Tropicall ſigne *Capricornus*, making the dayes ſhorteſt and the nightes longeſt, at which time he began his Northerne progreſſ towards his *Æ*quator. This quarter is of it owne nature cold and dry, at which time the earth is at reſt, and ceaſeth to bring forth, that it may gather togither againe, and recouer the loſt ſtrength againſt *Summer*: from whence Winter moſt commonly bindeth the earth, which it warmeth and covereth with ſnow as with a garmēt, and refreſheth it with ſtore of raine. For ſnow and ice are comfortable to corne and ſtuite, & bringeth plentie of all thinges. And after the Sun hath accompliſhed his laſt degrees vnder *Aquarius* & *Piſces*, he openeth the earth with new and pleaſant gales of winde, and prepareth the Spring time. And this is the generall and proper temperament or moderation of euery Quarter of the yeare, which is alwayes to be conſidered in *Meteorologie*, leſt that we ſpeake of flowers in Winter, and of Ice in Summer.

The diſeaſes incident vnto this Quarter, are ſuch as accompany old age or dotage: viz. the *gout*, *Sciatica*, trembling of the ioynts, bleare-eyes, the cough, the ſtone and ſtrangury, the cramp, Palſie, the ſhrinking of the ſinewes, dropſies, and all cold diſeaſes that comes by want of blood.

Of the Spring.

THe Spring beginneth at the Sunnes entrance into the firſt minute of *Aries*, making then the daies & nights of a like length throughout the world which ſhalbe this yeare the xi. of *March*. This Quarter is by nature hot and moyſt. For then the Sun is both come neerer vnto his virticall poynt, and alſo to ſtarres of a hoter nature, cauſing thereby the drier winds to blow, of which ſort is *Subſolanus* & *Fauonius*, called the weſt windes, wherwith ſuperfluous humours are waſted & conſumed, the ſeed conveniently ſowne, and the ground ſtirred and made fitt to bring forth; which ſetteth forward trees, vines, flowers, & leaues, and bedeckeih the earth with graſſe & herbs. But becauſe the new and tender corne lately ſprung vp requyreth moyſtening ſhewers, there ariſeth in the morning with the Sun *Pleiades*, *Hyades* and *Orion*, and in the euening *Arcturus* tempeſtuous & moyſt ſtarres, which

which ſtirre vp raine and moyſt windes. At the length the Sunne (comming to *Gemini*) moveth a convenient and temperate heate to the former ſeed time.

The diſeaſes of this Quarter are ſuch as are incident vnto infancie, which be theſe that follow, viz. the ſmall pocks, meaſels, ſquinancie, morbus regius, ſhingles, ring-wormes, or tetters, Saint Anthonies fire, the waterings, the froſgan, ſcabs, itchings, the fellon, puſhes, inflammations, hot agues, and ſuch like.

Of the Summer.

SVmmer beginneth at the Suns ingreſſe into the firſt minute of the Northren & Tropicell ſigne *Cancer*, which will be the 12. of *Iune*. This Quarter is by nature hot and drie, at whoſe beginning there ariſeth *Præſepe*, *Aſelli*, and other fixed ſtarres of a moyſtning vertue, from whence by the Sunnes acceſſe is ſtirred vp raine, to bring forward corne and other fruite. But after that the things growing from the earth, haue attained a iuſt increaſe, and by heate waxeth toward maturation and ripenes, the Sun approaching the hot ſigne *Leo*, there ariſeth *Syrius Procyon*, which are ſtarres of a hot conſtellation: therefore great heate is ſtirred vp, to the tempering whereof the *Etheſian* windes blow in the day time. Afterward the

Sunne coming to *Virgo*, the ſaid heat is mittigatted by litle and litle, and at the riſing of *Arcturus*, it bringeth raine.

The diſeaſes of this Quarter be collicks, riſings of the ſpleen, leproſie, pimples in the face, obſtructions, feavours of blood, apoſtũes Iaundies, pluriſies, inflammations, and ſuch as proceed of a duſt choler & diſtẽper of blood.

Autumue or Harueſt.

Autumne beginneth the 14. of *Semtember*, when the Sun entreth into the firſt minute of the Equinoctiall ſigne of *Libra*, making then the nights equall with the dayes. This Quarter is by nature cold and dry. For the heat ceaſeth with the Summer paſſed. And although plentifull ſhewers doe then fall, ſo that the vintage is then abundãt, and the winter ſeed-time made more commodious: yet notwithſtaudin the remayning heate of the Ayre, (which by the Sunnes acceſſe to hot ſtarres in *Sagittarius*) is ſomewhat increaſed, and the moyſture of the earth drawne vp, and the ground cheriſhed & prepared for the winter following, leſt cold comming of a ſodaine, might hurt the ſeed and winter corne.

The diſeaſes of this Quarter are crudities and rawnes of the ſtomacke, ſurfettings, paines in the backe, darkneſſe in the ſight, vertigo or

turnings

turning of the braine, head-ach, retention of the vrine, canker, fiſtulaes, emeroids, the ſtone, and ſtrangurie, tooth-ach, with impediments in the eyes, and ſuch like.

Of the Eclipſes of this yeare. 1626.

THere eclipſes ſhalbe obſerued in the two lights of Heauen this yeare; two of the Sun, and one of the Moone: of the which, one only of the Moone and that a very little one, will be ſeene in our Horizon, if the heauens be not ouercouded, the reſt of the Sunne, will appeare without our Horizon.

The firſt Eclipſe will be of the Sunne, the 15. day of Februarie, according to our Engliſh account, but the 25. day of the ſame Moneth, according to the reformed account, which will offer it ſelfe to them that dwell toward the Eaſt and South: in Madagaſcar the greateſt Iland of Affricke which is alſo called the Iland of Saint Laurence, and other places bordering thereupon.

The ſecond Eclipſe will be of the moon, and that a very little one, which will happen the 28 of Iuly according to our Engliſh account, but the 7. day of Auguſt, according to the reformed account, which will be ſeene in our Horizon. The parts eclipſed will be but one, the beginning of which eclipſe will be at 7. a cloche, 40. min. ſeco. 0. at night, the midle or true oppoſition at 8. a cloche 20. min. 2. ſeco. the end of her trouble at 8. a cloche, 54. min. 4. ſeconds.

The third Eclipſe will be of the Sunne the 11. day of Auguſt, according to our Iulian yeare or Engliſh account, but the 21. of the ſame moneth according to the Gregorian yeare or forraigne account, which will happen in the Weſterne Ocean, nere

Vezina,

Vezina, and those great Ilands, not farre from the circued Citie Maritima of Mexicana.

Of the cause of the Eclipses.

The Sun and Moone suffer Eclipse. The Eclipse of the Sunne may be totall, but seldome in diuerse nations: but the Eclipse of the Moone may be vniuersall.

The Eclipse of the Sunne commeth to passe, when as the Moone according to her diameter is placed betwixt the earth and the Sunne.

The Eclipse of the Moone is a priuation or departing of the Sunnes light to the Moone, which happeneth, when as the Moone runneth in the shadow of the earth interposed Diametrally betwixt the Sunne and the Moone: both of them chanceth neere the head and taile of the Dragon.

When as the Moone in her change or full, is placed by a right line vnder the Ecliptick, we necessarily haue an Eclipse of one of the lights: of the Sunne at the change, and of the Moone at the full.

The Moone moysteneth especially in her Quarters, by reason of the nearnes of the earth, but warmeth being in her full light. And as the Sunnes light, nourisheth the bodies of liuing creatures with a gentle and vitall heat, and giueth strength to their actions: euen so the Moone filleth them with humours, and (as it were as a seruant) ministreth food and nourishment to naturall heate.

The Moone with vs in Winter increaseth cold, from the change to the full, not of her selfe, but by accident For she draweth vp many vapours from the earth which when they are most cold, doe more infrigidate the ayre.

Aſtronomicall calculations of the planetary motions for this yeare. 1626.

SAturne is retrograde from the beginning of this yeare vntill the 2 of May, and then direct vntill the 29. of December following.

Iupitur beginneth to be retrograde from the 6. of February, and continueth his retrogradation vntill the 8 day of Iune, and then goes direct all the reſt of the yeare after.

Mars and Venus are both of them direct throughout all this yeare.

Mercury is moued contrary to the ſucceſſion of the ſignes three times this yeares, that is to ſay, from the 24. of Ianuary, vntill the 16. of February, and from the 21. of May, vntill the 13. of Iune, and from the 14. of September, vntill the 6, of October, and then direct all the yeare after.

The Lord whoſe dwelling is in Heauen,
Doth gouerne all the world by ſeuen:
He hath directed them the way,
Wherein they walke, and him obey.

He hath eſtabliſhed them for euer, he hath made a decree, which ſhall not paſſe. Pſal. 148. 6.

Some obſeruations, and neceſſary notes, to be vſed in letting of blood, purging, bathing, and ſweating.

LEt iuſt cauſe make thee to be let blood, and that with the counſell and aduiſe of the learned and well experimented Phiſitian, who by his knowledge & good diſcretion, can conſider of theſe or ſuch like circumſtances.

As firſt, to whom or for whom, blood letting is meete

meet and neceſſary,

Secondly, what is to be obſerued and done before blood be let.

Thirdly, what in the time as accidents may fall out, and what after.

Fourthly, in what time of the ſickneſſe blood letting is to be vſed.

Fiftly, what vaine is to be opened.

Sixtly, the meaſure and quantity, to be let out.

The Spring & the harueſt ſeaſons are beſt times for blood letting: Yet if neede doe enforce it to be done in the hot Summer, then doe it in the morning. If in the winter, do it about the noone tide of the day, in faire clear weather as neare as ye can.

Let young men blood in the firſt Quarter of the Moone, and old men in the laſt Quarter.

In the firſt Quarter alſo it is beſt bleeding for ſanguine complections. In the 2. for all cholericke.

In the Third for the flematicke: and in the laſt Quarter, for the melancholicke.

Generally, blood may be let when the Moone is in Aries, Libra, Sagitarius, and Pisces.

For the flegmaticke, when the Moone is in Aries or Sagitarius. For the Melancholicke, when the Moone is in Libra or Aquarius. For the Sanguine complexion, all the former ſignes are indifferent, being done with aduiſement and conſideration, as well of the ſtate of the perſon, as of the time, ſickneſſe and cauſe.

If they that haue need to be let blood doe neglect in time, they are moleſted with Apoſtumes, either inward or outward, or both: with ſcabbes, itchings, tetters, meaſels, ſmall pockes, ringwormes, wartes, crampe, ſpitting of blood, the piuriſie, and

ſuch

ſuch like greifes, both noiſome and dangerous, eſpecially in the time of peſtilence.

And contrarywiſe, they who for cuſtome or other not neceſſary cauſes and due conſiderations, doe cauſe themſelues to be often let blood, doe by that meanes breed great opilations, or ſtoppings in their bodyes and vaines, and cauſe the dropſie, procure & haſten old age, diſtroy the appetite of their ſtomaches, bring weakneſſe to the heart and liuer, fall into the paiſie or trembling, and to conclude, doe wilfully impouerith, both the naturall and vitall ſpirits.

Let all therefore aduiſe themſelues well in performing theſe and ſuch like things, ſecret in nature, and the neede and vſe thereof not knowne to euery one, but to the learned and ſtudious in phiſicke, and to the skilfull and well practiſed in Chirurgery, whoſe counſell and aide they ought to procure for this action, and for many other accidents incident vnto mans body.

Of Purging.

In purging the body, theſe things are and ought to be chiefly conſidered.

FIrſt, the ſtrength of the ſicke party that thereby may be knowne what, and what quantitie of medicine he may take and beare, &c.

Secondly, the humor which offendeth muſt bee ſearched out, as whether it bee bloud, or choler, flegme or melancholy, that the medicine may bee prouided for the purpoſe. For if choler offend, and flegme be purged, little profit will inſue to the ſicke perſon.

Third-

Thirdly, what part of the bodie is diseased, for according to the place, must the medicine be prepared: for if the matter offending be in the head, it must be after one manner, and if it be in the stomache then after another manner.

Fourthly, the matter offending must be considered, as whether it bee crude and raw, or matter concocted & digested: and whether it be mouing matter, or matter that moueth not: and also whether it bee one and a simple matter, or else matter mixt and compound.

Fiftly, the cause whereof the offending matter hath the originall must bee obserued: and the cause knowne, it must by and by be redressed and restrayned, that the matter be no more increased.

Sixtly, it must be knowne whether the body of the sicke be easie or hard to be loosed.

Seuenthly, this consideration must bee well wayed, that is to say, how the offending matter may most commodiously bee brought forth & auoyded, as whether by vomit, by siege, by vrine, or by sweat, &c.

Last of all, you must know whether the sicke doth delight in liquid or dry medicines, in pils or potions, and such like, and therafter, and with other due considerations must the ordering of medicines bee, for all cannot take one sort or forme of medicines, were it neuer so profitable for them, and therefore the discreet Phylition considereth well of these things, and so helpeth in extremities, whereas otherwise he should profit nothing at all. Now the signes good for purging generally, are these:

Cancer, Scorpius, and Pisces.

Particularly, as with potions and drinkes, in Scorpio.

Purge

Purge with Electuaries, when the Moone is in Cancer.

Purge with pilles, when she is in Pisces.

It is good to take a purgation when the winde bloweth Southeast, for then are the members soluble and loose, and giue place to medicine, but the North wind blowing, doth stop and let the working therof. Take preparatiues when the Moon hath her course in Gemini, Libra, and Aquarius.

Take Gargarismes, when she is in Aries or Cancer.

Take Vomits, when the Moone is in Aries, Taurus, or Capricornus.

Stop Rewmes, Fluxes, and Lasckes, when the Moone is in Taurus, Virgo, or Capricornus.

For vsing of ointments & plasters: let the moone be in that signe which gouerneth the member or part of the body that is to be anoynted or plastered.

Of Bathing.

BAthings are commonly vsed, rather for pleasure then for profit, especially where hot houses are haunted.

But I will not speak of them at this time otherwise then to aduertise those that delight too much in them, to take heed of them: especially in the time of the plague, for then neither hot baths, nor stoues are very wholsome, nor yet much sweating, for they all open the pores of mens bodies, and let in the venemous ayre, and so infect the bloud and spirituall members of men, and hurt all the liuely spirits in man.

When bathing is to be vsed, let the party grieued learne of the Phisitian, whether his bodie hath need of moystning or drying: and let him prescribe him as well his manner of bath, as his diet, and also

so appoint the time: for peculiar diseases require not generall baths, nor yet generall time of the yeere, or of the day, as the learned know best.

For the generall time of the yeare, and in generall diseases and causes, the best time is the Spring and Harvest, and in, and by the olde received order, the moneths of May and September.

And the best time of the day to go into the bath, is an houre after the sun rising at the least: allwaies provided that yee must walk either an houre or halfe an hour before, and have a stool either by nature or art.

It is best to bathe 2. or 3. dayes after the change, and at the full Moone, for then the superfluities are ripe and ready to avoyd & disposed to issue and flow out: which indeede is the very right ende and use of bathing, therefore it is best bathing, when the Moone is in Aries, Leo, or Sagitarius. for then the body is apt to resolution, for it is the nature of heat to open and resolue.

And it is not good to bathe when the moone is in the earthly signes, as Taurus Virgo, and Capricornus: the reason is, because they are of cold and dry nature: and the nature of colde, is to restraine & binde: & so the moone being in these signes, the pores of the body are closed and shut, so that there can be no resolution of humors and superfluities, which by bathings ought to bee avoyded.

If any will enter into both for cleanlinesse sake, let it be done when the Moone is in Libra, or Pisces: and the bath not very hot.

In a hot bath, couer your head wel, so long as you are in it, & beware ye drinke no cold drinke, though ye be very thirsty: but forbear a time all things that are cold, least whē you are hot within, the cold strike sodainly into some principal member, & so hurt you-

are

The time of tarrying in the bath, is common'y one houre, but it may bee more or leſſe according to the nature of the bath, the force of the ſickneſſe, or ſuch like conſiderations, at the diſcretion of the good Phiſitian.

Of Sweating: and what it is, with the manner, commoditie, and order.

Sweat, is the excrement of that which is made through concoxion in each part of mans body.

Of ſweats there are diuers ſorts, as Sudor inpicatorius, and Simtomaticus, of the which two I mind not to ſpeake now, for they are to be iudged and diſcerned only by the learned and well practiſed Phiſitions. But there are naturall and artificiall ſweats, of which I will ſpeake briefly.

The firſt called naturall, as when men doe ſweat voluntarily without force of medicine, hot houſe, or ſtone. This kind of ſweat will eaſily open the pores, diſſolue groſſe humors, cleanſe the blood, comfort the ſpirits, put away cold, conſume raw humors, mitigate the rehume, amend the ſinewes, weaken feuers, helpe benummed limbs, eaſe the dropſie, &c. The ſecond kind of ſweating, which is artificiall, is made in ſtoues, baths or with hot liccours in bladders, hot ſtones in cloathes, or ſuch like, applied to the feet, or other parts of the body lying in bed, alſo with baths of herbes, or with perfumes, or ſuch other deuices. This ſweat hath vertue to cleanſe ſcabbes, to helpe the itch, and ſuch other outward maladies as daily experience teacheth.

And note this, that in ſweating, it is better to ſweat at euening then in the morning, for when the body hath nourithment within, the ſpirits ſhall not vtterly bee drawne forth to the extreame parts. Note further, that leane and dry folkes, or feeble perſons muſt ſweat little, for it will hurt them much; but fatte folkes may ſweat more, and it will helpe them much, howbeit great ſweates and often are not good for the eyes.

Sweat (saith Hipocrates) is good in sharpe agues in the dayes of the Crisis, or iudgement of the sicknesse, but the contrary is euill, as when sweat is cold, especially in euery sharpe feauer, for then death approacheth. For cold sweates proceed from grosse matter, without the spirits of liuely warmes. Sweat is euill also when it is about the head, face, or neck onely, although it bee not cold. The best and meetest signes to sweat in, are when the Moone hath her course in Aries, Leo, or Sagittarius.

Some notes to iudge of diseases to come by the constitution of the ayre, and the nature of the windes and weather, in euery of the foure principall seasons of the yeare.

If the winter be dry and full of North winds, and the spring rainy, and full of South winds, in the summer season, there will happen sharpe feauers, and hote apostumes in the eyes. Disentery fluxes especially, vnto women and vnto those men who are filled with sale flegme or vnnaturall chollar. But contrariwise, if in the winter South windes be most rife, and that season be rainy and warme, and the spring time which succeedeth be dry & full of North windes, then women which are child-bearing shall by euery light occasion be in danger of vneimely deliuerance: or if they goe out their time, yet their children will be so weak, that either they die quickly, or else they liue in a weake and feeble life. And vnto old folks wil happen rewmes, cathares, and other fluxes which will annoy & grieue them very sore.

If the summer be dry, & the northwinds be most rife, and then autumne which succeedeth be rainy, & South-windes common in it, then may we looke for grieuous paines in the head toward winter, with coughes, rewmes, hoarsenesse, and some consumptions.

When the Haruest season is dry & full of north-wind, then shal men and women which are of moist complexion, bee in best estate. But men of other nature and com-

plexions

pleſions ſhall be able with diuers dry diſeaſes, & with feauers ſharp and long, and other melancholy griefes.

Moreouer Hipocrates noteth, that among the diuers temperatures of the ayre, droughts bee alwayes more healthfull then continuall ſhewres, & fewer die through them: for through the continuance or multitude of ſhewres, are cauſed theſe diſeaſes following: that is, long laſting feauers, laskes, putrification of humours Epilepſies, Apoplexies, Squinantia, and ſuch like.

Through much drought and want of ſhewres there happeneth vnto many people, pyning and conſumptiue maladies, with aches in the ioynts, paines in the bowels, and hardneſſe of making water. Daily or often windes blowing from the North, maketh mens bodies hard and ſtrong, alſo liuely and quick, wel coloured, and cauſeth them to heare eaſily: but they dry the belly. And if the breaſt be often grieued before, thoſe windes make the paine the greater.

Contrariwiſe, the tempeſts and winds which come from the ſouth, do relax and moiſt mens bodies, they dull the hearing, diſpoſe the head to be heauy, make the eies to daſel, and the whole body to be ſlow and vniuſty, they ouermoiſten many bodies, and are cauſe of laskes and fluxes, crampes, falling ſickneſſe, and the peſtilence, and cruell feauers. The Weſtwind alſo breedeth in moiſt bodies: flegme, and corrupt feauers, Angine, & ſuch like.

Moreouer, it alſo maketh dull, procureth ſleepe, and forceth humors: and it is good for all growing things, as corne, graſſe, hearbs, and ſuch like.

Of the foure naturall Vertues, and how to comfort and ſtrengthen them.

The firſt is the vertue Attractiue, and it is beſt comforted when the Moone is in Aries, Leo, or Sagittarius.

The ſecond is the vertue Digeſtiue, and it is beſt ſtrengthned, when the Moone is in Gemini, Libra, or Aquarius.

The third is the vertue Retentiue, & is beſt holpen, when the Moone is in Taurus, Virgo, or Capricornus.

The fourth is the vertue Expulſiue, and is beſt relieued when the Moone is in Cancer, Scorpio, or Piſces.

Neceſſary notes for conuenient times, to ſet, ſowe, plant, graft, and to cut downe timber.

THe conuenientеſt time to ſet, ſowe, plant, graft, and ſuch like, hauing regard to the ſeaſons of the yeare, are when the Moon is in Taurus, Virgo, Capricornus or Piſces, & that betweene the change & the full.

You may ſowe ſeeds, eſpecially in gardens, betweene the change and the full, when the Moone is in Virgo, Sagittarius or Pices.

Set or ſowe ſuch ſeeds, as the fruit will be round: that is, Onyons, Turneps, and Cabages, and ſuch like, three or foure dayes before the full Moone.

Sowe or ſet ſuch ſeeds or hearbs as you would haue to bring ſeed for ſtore, euery new Moone, from February vntill Iune.

If you will remoue any trees, or will plant them that are young, it is beſt doing of it in the laſt quarter of the Moone, ſhe hauing her courſe in Taurus or Capricornus, and eſpecially in the months of February & September.

If you will cut Vines, doe it when the Moone is in Aries, Libra, or Scorpio: and that in February, March, September, or the beginning of October.

When you will cut downe trees for timber to build withall: do it toward the laſt end of the quarter of the Moone: and chiefly in the ſignes *Aquarius* and Piſces.

If yee will cut wood to burne, and would haue the ſtocke to grow ſoone againe: doe it in the firſt quarter of the Moone, and when ſhee is in the ſigne *Aries* or *Libra*.

Yee may geld or cut beaſts and cattle, from the laſt quarter vnto the change of the Moone: and eſpecially when ſhee hath her courſe in *Aries*, Sagittarius or Capricornus.

Certaine

Certaine notes to bee remembred at the first falling ſicke of any perſon, gathered out of that famous Phiſition, in his time, Hipocrates.

Who ſo falleth ſicke (ſaith he) on the Sunday, and no amendment by the fifth day after, is in great danger of death at the tenth day following: but if hee begin to amend the viij. or ix. day, then he is like to recouer perfect health about the xv day following.

Who ſo falleth ſicke on the Munday, there may bee hope he may recouer health by the ix day following: but if that ſickneſſe continue vnto the xij. day, the party ſhal be in a very great danger to die on the xiiij. day after.

Who ſo falleth ſicke vpon the Teuſday, there is hope of amendment the ij. day after. And if the ſickneſſe longer continue, expect death the vj. or viij. day following.

Who ſo falleth ſicke on the Wednеſday, and at the vij. day taketh reſt and ſleepeth, amendment followeth: but if the ſickneſſe continue vntill the xij. day, and encreaſeth vj. or vij. dayes after, death to the ſicke is to be looked for.

They that fal ſick on the Thurſday, is like to amend at the ix. day following: and if the ſickneſſe longer continue, yet great hope of amendment to health the xv. day after.

Who ſo falleth ſicke on the Friday, there may bee hope of amendment the vij. or viij. day after: but if the ſickneſſe endure longer, great danger to the party the xv. day following.

When any falleth ſicke on the Saturday, and that ſickneſſe continue without any amendment vj. dayes, the party is in great danger the viij. day following: but if amendment come on the vj. day, and the partie fall to ſleepe, he is like to recouer health by the xiiij. day following.

A Table

A Prognostication

A Table to know for euer, how long the Moone doth shine euery night.

The age of the Moon increasing. ☽	The houres and minutes that she shineth. Houres.	Minutes.	The age of the Moon decreasing. ☾
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	63	18
13	10	24	17
14	11	12	16
15	12	0	15

How to vse this Table.

Looke the age of the Moone in this Almanacke, or in some other made for this yeare, or any other to come, then seeke the same in this Table, which you shall find either in the increasing or decreasing, and then in the middle Colume you shall without further labour find set downe the true time of her shining.

A Table, to know the quantitie of the Earth.

	The compass of the whole earth	The Diameter, or thicknes of the earth	From *London* to *Rome*.
Miles	21600.	6872.	840.
Yards	30412800.	96757760.	4518400.
Foote	912384000.	290273280.	13555200.
Inches	10948608000.	3483279360.	162662400.

¶ A Rule for Marriage.

Coniugiũ Aduentus prohibet, Hilariq; relinquit,
Septuagena vetat, ſed Paſchæ octaua relaxat:
Rogamen vetitat, concedit Trina poteſtas.

Thus Engliſhed.

THe time of *Aduent* doth forbid,
That wedlocke be ſolemnized:
Yet on the day of *Hillary*,
The Church is looſed and ſet free.
Then comes in *Septuageſima*,
And takes this freedome quite away:
Till eight dayes after Eaſter ceaſe,
Which doth the Church againe releaſe.
Rogation doth the ſame deny
The Church her former liberty:
Which is releaſed orderly
On Sunday called *Trinity*:
And in the Church doth ſtill remaine,
Till *Aduent* Sunday come againe.

Now if you will know a reaſon, why the Church at theſe times prohibited marriage, it is this:

In Aduent, by reaſon of a ſpirituall ioy that the Church (and ſo conſequently euery member thereof for that time) doth or ought to conceiue, in the remembrance of her Spouſe Chriſt Jeſus, and ſo to abandon all affections of the fleſh.

In Septuageſima (which is alwayes the third Sunday before Shroue-ſunday) from which time, vntil the Octaues of Eaſter, the ſolemnizing of marriage is by the Canon Lawes forbidden. The reaſon where for is

giuen, for that all this time vntill Easter, is a time of mourning for the fall of Adam, and for the misery of man thereof ensuing. And Easter with the Octaues thereof, is a kinde of Christs glorification, and so of ours as so in him, for his, and by him our conquest ouer death and sinne. And that therefore all carnall affection ought (during that space) to be wholly mortified in vs.

In Rogation, so termed because of the speciall deuotion of Prayer and fasting, then entoyned by the Church to all men, for a preparatiue to the ioyful remembrance of Christ glorious ascending, and the descending of the holy Ghost in the forme of cloven tongues shortly after. And in that respect the solemnization of carnall Matrimony is forbidden the first day of the said weeke, vntill Trinitie Sunday.

All glory be to God alone,
In persons three, and God but one.

Amen.